	Nutrition Education Lesson
	Third Grade (TL-3-2)
Nutrition	This lesson is designed to increase students' self-efficacy to eat fruit and vegetable snacks.
constructs	
Iowa Core	21 st Century Skills – Health Literacy (3-5) – Practice preventive behaviors – Choose healthy foods.
Supplies	Physical Activity Card Set (provided), Pick a better snack [™] poster (provided at the beginning of the school year), Time 30-40 minutes
needed	paper (half-sheets), crayons or markers, stapler required
Before the	This lesson will be most effective when done toward the end of the school year after students have had several nutrition education lessons and
lesson	tastings. Read through the activity below and determine the best approach for your class. It may be necessary to cut paper into half-sheets ahead of
1	time.
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided.
	Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.
	2. Lead students in a discussion of fruits and vegetables they have tried this year through nutrition education lessons. Also consider the ones that were new to school lunch this year or the Fresh Fruit and Vegetable Snack Program (if your school participates). Create a list on the board as
	students provide examples.
	3. Explain to students that they are going to create a Pick a better snack™ cook book that you can take home and use to make snacks for
	yourself and your family. Choose four fruits and vegetables you have tried this year that you could eat for a snack at home. Each student will
	need 5 half-sheets of paper to create their book.
	4. Customize the requirements of this assignment for your students, recommended components are:
	 A cover page featuring a drawing of the Pick a better snack™ logo or other imagery from the campaign
	• 4 "recipe" pages, each to include:
	 A drawing of the fruit or vegetable
	 A description of how they like to eat it – refer students to the Pick a better snack™ poster and remind them of how Pick a
	better snack [™] shows us how easy it is to eat fruits and vegetables. Just wash and bite or peel and eat! How easy is that? Their
	recipe can be as simple as that.
	 A sentence describing why they like that fruit or vegetable snack.
	5. Once students have finished send the cook books home so students can show their families. Encourage them to ask for the fruits and vegetables featured in their cook books the next time they go to the grocery store.